

ABSTRACT OF THE DISCLOSURE

A method and system for controlling media access in which a paging message is transmitted from a base station to a wireless station when a data packet is received for downlink transmission to the wireless station. The base station is one of a plurality of base stations and the wireless station is associated with the base station. In response to the paging message, a level of each of a plurality of pilot frequency signals is detected at the wireless station. Each pilot frequency corresponds to a downlink traffic channel and is transmitted by base stations to which the downlink traffic channel is assigned. The wireless station generates a list of preferred traffic channels based on a priority order of traffic channels and on detected levels of the pilot frequency signals, and transmits the list to the associated base station. A downlink traffic channel is assigned for downlink transmitting the received data packet to the wireless station based on the list of preferred traffic channels and updates a channel priority order list at the base station.